

## GAINING THE RIGHT AMOUNT OF WEIGHT

Gaining enough weight is important for all pregnant women, to grow a healthy baby.

### How Much Weight Should You Gain?

There is a weight gain goal that is good for you and your baby. Here are some weight gain ranges to help find your weight gain goal:

- ☐ 28 to 40 pounds for underweight women
- ☐ 25 to 35 pounds for normal weight women
- ☐ 15 to 25 pounds for overweight women

Very overweight women and women carrying twins or triplets need special weight gain ranges.



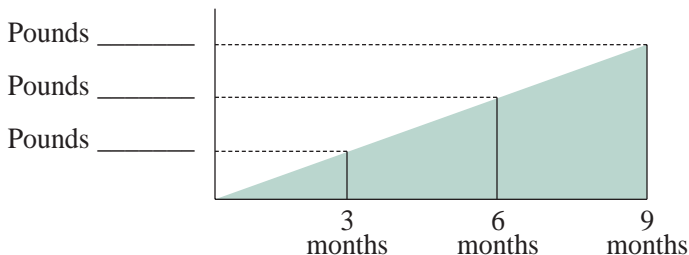
**Your Own Weight Gain Goal Is:**

\_\_\_\_\_ pounds

### When Should You Gain Weight?

Most women should gain weight throughout the pregnancy. After your third month of pregnancy you should gain about \_\_\_\_\_ pounds each month.

**What you need to weigh at:**



**Not many women like to gain weight! But pregnancy is different. Weight gain is natural.**

**If you are gaining less weight than you should . . .**

✓ Eat foods high in calories and nutrients.

Good Foods for you, include these:

- Whole Milk
- Peanut butter
- Hamburgers
- Dry fruit
- Cheese
- Pizza
- Milkshakes
- Nuts
- Beans and rice
- Ice cream
- Meat, fish, chicken
- Creamed foods

✓ Eat 4 to 6 times a day.

✓ If you are smoking, quit or cut way back.

✓ Rest when you can, try to get at least 8 hours of sleep.

**If you are gaining more weight than you should . . .**

✓ Drink reduced fat or fat free milk. Fat free milk has fewer calories.

✓ Eat fruits and vegetables for snacks.

✓ Eat less fried foods and other foods high in fat.

✓ Walking is a simple exercise almost everyone can do. Find 20 minutes a day to walk, unless your doctor says not to.

✓ Drink water when you are thirsty.

**I Want To Gain The Right Amount Of Weight To Grow A Healthy Baby**

**Here are 3 changes I will make:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

